

THE WELLFLEET WAVE

newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

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THANK YOU



**With great gratitude, the
Wellfleet Council on Aging wishes
to express thanks to all our devoted
volunteers. As many of you know, they work
very hard to help keep the Senior Center
a vital and happy place to be.**

**From the COA Board and the Friends of the COA
to Iris's Café and drivers, we are honored to
have you all !**

Patty Shannon

Dorothy Oberding

Robin Slack

Paul Goetinck

Sarah Multer

Fred Nass

Brian Quigley

Dian Reynolds

Evelyn Savage

Wilson Sullivan

Maureen Schraut

Carol Parlante

Sylvia Smith

Karen Kaminski

Meredith Blakeley

Greta Einig

Dian Dean

Arleen Barnhouse

Elaine Baskin

Cheryl Donovan

Wayne Canavari

Ara Ishkanian

Sheila Paine

Sandy Thomas

Robert Rindler

James Connors

DATES TO REMEMBER

Monday, September 3rd ~ Closed for Labor Day holiday

Tuesday, September 4th ~ State Primary ~ polls open 7 AM – 8 PM (no exercise)

Friday, October 5th ~ Flu Shot Clinic (see Page 2)

Monday, October 8th ~ Closed for Columbus Day

Monday, October 15th ~ new 10-week exercise session begins ~ *now includes 2 days of Stretch and Strengthen mat class as an option!*

♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from **10 AM - 11 AM (NOTE TIME CHANGE)**.

Come in and meet Charlie Altieri, R.N.:

- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions
- Blood pressure
- Weight monitoring
- Nutrition advice & counseling
- Medication questions

Eating leafy greens may help preserve memory (Mayo Clinic ~ July 2018)



Popeye and his cans of spinach aside, most leafy greens aren't commonly thought of as "super foods." However, new research suggests that salad staples such as spinach, kale, collard greens and other types of lettuce may be super foods when it comes to preserving memory and brain function.

The study published in *Neurology* on Jan. 16, 2018, involved 960 adults with an average age of 81. At the study onset, all participants were free of any form of dementia, including Alzheimer's disease, and had detailed nutritional

assessments. Participants took part in periodic cognitive assessments over about five years to determine thinking or memory changes.

When the data were analyzed, those who ate mostly leafy greens were equivalent to about 11 years younger in terms of age related cognitive decline than were those who rarely or never ate leafy greens. This finding adds to other studies that have suggested a similar link.

Those who ate the mostly leafy greens were consuming one to two servings of leafy greens daily. In the study, a serving equaled one cup of raw, shredded greens or a half cup cooked greens. The study was inclusive regarding which specific nutrients in leafy greens were associated with the greater benefit. Rather, it appeared that it's possible that it's the mix of nutrients found in greens working synergistically that has beneficial effects on the brain.

It's always difficult to prove cause and effect with nutrition studies. However, there's overwhelming evidence that consuming daily servings of a wide variety of vegetables – including leafy greens – is part of an optimal dietary foundation for good overall health and weight maintenance.

BE WELL! LIVE STRONG!

LIVE LONG!

Charlie Altieri, RN, Public Health Nurse
Visiting Nurse Association of Cape Cod



Friday, October 5 from 2 - 4 PM at the COA. Sponsored by the Visiting Nurses Association and the Wellfleet Health Department. Call the COA to schedule your appointment. Open to Wellfleet residents, 18+ years of age. Appointments required. Bring photo ID and insurance cards.

♥ **FOR YOUR HEALTH** (cont.)

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. **September 14, 28 & October 12, 26.** **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

► **FOR YOUR ASSISTANCE**

► **ALZHEIMER'S ASSOCIATION SERVING THE LOWER CAPE:** Serves from Provincetown to Chatham by raising funds to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator, Linda Balch for more information.

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on **Wednesday, September 19 and Wednesday, October 17 at 4 PM.** Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

► **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. **NEW ATTORNEY! Conducted by Attorney Katherine Wibby of South Coastal Counties Legal Services, Inc. September 12, October 10.**

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

*** PLEASE PROVIDE A MINIMUM 24 HOUR NOTICE FOR REQUESTS!**

OUTREACH MESSAGE ~ Linda Balch, Outreach Coordinator

For those with Medicare Parts A and B: you can add a Medicare Supplement (Medigap Plan) at any time of the year. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end coverage at any time during the year. If you do not enroll in Part B when initially eligible and were not covered by an Employers Group Health Plan through active employment, the penalty is 10% of the Part B Premium for every 12-month period a beneficiary was eligible for Part B and did not sign up.

Open enrollment period for Medicare Parts C and D (C is the advantage supplement plan and D is the prescription plan) begins October 15th and goes through December 7th with coverage effective January 1st. You can join a Part C or D plan or switch plans. A late enrollment penalty may apply for delayed Part D enrollment if you do not have creditable coverage.

Please call me if you need assistance.

🍏 FOR YOUR DINING PLEASURE

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

🍏 **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, \$4.00 ~ every Monday!

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **WELLFLEET WAVE BOOK CLUB:** Thursday, September 20, 1:30 ~ *News of the World* by **Paulette Jiles** ~ "This Western is not to be missed by Jiles's fans and lovers of Texan historical fiction." (*Library Journal*) Thursday, October 18, 1:30 ~ *Three Daughters of Eve* by **Elif Shafak** "Readers interested in debates about the nature of God will find the book intriguing." - *Publishers Weekly*

☺ FOR YOUR WELL-BEING

☺ **Exercise with Melissa Shantz: 10-WEEK EXERCISE SESSION**

Next session Tuesday, October 15th – Friday, December 28th

*Mix & match your days/classes ~ discounted rates for multiple classes ~
1X per week for \$55, 2X per week \$80, 3X per week \$100, 4X per week \$120,*

NEW NEW NEW

5X per week \$150,

6X per week \$180

Drop-ins welcome, \$7 per class drop-in rate

mid-session drop-ins will NOT be pro-rated

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available, *every day except Thursday*, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, *every day except Thursday*, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ *Tuesday from 11:30 – 12:30* and Thursday 8:45-10

**STRETCH CLASS NOW OFFERED ON TUESDAYS
AS WELL AS THURSDAYS AND IS INCLUDED
IN MIX & MATCH PRICING ~ for example, 3 days
of exercise class and 2 days of mat class would be
\$150 for 10 weeks! What a deal! \$3.00 per class!!!**

NEW

NEW

Note: Physician's approval absolutely required for all exercise classes!

NO CLASSES: September 3, 4 and October 8

◆ **FOR YOUR SUPPORT**

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ **September 11, October 9**. Call the COA or the Support Center for more information 508-737-7934.

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10:30 - 12. **September 13, 27, October 11, 25**. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715.

◆ **CAREGIVER'S SUPPORT GROUP:** *Cancelled until further notice. Please call Outreach Coordinator Linda Balch if you are in need of assistance.*

◆ **FRIENDLY VISITOR PROGRAM:** If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator.

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns. * **LIAISON LUNCHEON ~ September 27th ~ See Page 8** *



Wellfleet SPAT, Shellfish Promotion and Tasting, is proud to present a fun community event the week **BEFORE** Wellfleet OysterFest

Wellfleet Shellfish at the Wellfleet Council on Aging
Saturday, October 6th, 2018 - 5pm-6:30pm
Tickets are \$10 per person

This fun and delicious tasting event will include a brief discussion by a local shellfish farmer about growing oysters and clams in Wellfleet Bay. The ticket will include: 6 oysters, 2 clams and 2 glasses of wine or beer. Additional plates of shellfish can be purchased for \$6.00 each, if desired. Non-shellfish food and non-alcoholic drinks will also be available. Tickets available at the COA by cash or checks only and made payable to Wellfleet SPAT or online at www.wellfleetspat.org. Space is limited to 60. **Proceeds to benefit the COA.**

For questions, please contact Katy Cushman, SPAT Volunteer Coordinator, volunteer@wellfleetspat.org

September 2018 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED TODAY FOR LABOR DAY	4 STATE PRIMARY POLL HOURS 7 AM - 8 PM <i>no exercise classes today</i>	5 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	6 8:45 Stretch & Strengthen 12:30 Iris's Café 1 Quilting 2 Scrabble	7 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
10 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	11 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	12 8:45 Strength Training 10 Ask A Nurse 10 Legal Aid 10:15 Balance/Exercise 4 Friends of the COA	13 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Iris's Café 2 Scrabble	14 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
17 8:45 Strength Training 10:15 Balance/Exercise	18 8:45 Strength Training 10:15 Balance/Exercise	19 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	20 8:45 Stretch & Strengthen 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>News of the World</i> 2 Scrabble	21 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
24 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	25 8:45 Strength Training 10:15 Balance/Exercise	26 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	27 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Iris's Café ~ <i>Police</i> <i>Dept. Liaison Luncheon</i> 2 Scrabble	28 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge

GREAT POND ARTIST OF THE



MONTH

Prints by Hanni Woodbury



October 2018 ~ COA Activities



Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Strength Training 10:15 Balance/Exercise	2 8:45 Strength Training 10:15 Balance/Exercise 	3 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	4 8:45 Stretch & Strengthen 12:30 Iris's Café 1 Quilting 2 Scrabble	5 SPAT EVENT TOMORROW - See Page 5 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge 2 FLU SHOT CLINIC - CALL FOR APPT.
8 CLOSED TODAY FOR COLUMBUS DAY	9 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	10 8:45 Strength Training 10 Legal Aid 10 Ask A Nurse 10:15 Balance/Exercise	11 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Iris's Café 2 Scrabble	12 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 8:45 Strength Training 10:15 Balance/Exercise NEW 10 WEEK EXERCISE SESSION	16 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch and Strengthen	17 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	18 8:45 Stretch & Strengthen 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Three Daughters of Eve</i> 2 Scrabble	19 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	23 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch and Strengthen	24 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	25 8:45 Stretch & Strengthen 10:30 Bereavement Support 12:30 Iris's Café 2 Scrabble	26 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 8:45 Strength Training 10:15 Balance/Exercise 	30 8:45 Strength Training 10:15 Balance/Exercise 11:30 Stretch and Strengthen	31 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	GREAT POND ARTIST OF THE MONTH Janet Erickson woodblocks and watercolors	

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Patricia Shannon ~ Chair
Dorothy Oberding ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Sarah Multer ~ FCOA Liaison
Fred Nass
Brian Quigley
Dian Reynolds
Evelyn Savage
Wilson Sullivan

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Greta Einig ~ Acting Treasurer
Karen Kaminski ~ Secretary
Meredith Blakeley
Sarah Multer

If you would rather receive The Wave via email, please notify Terri at terri.frazier@wellfleet-ma.gov

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

September 6th

September 13th

September 20th

September 27th



October 4th

October 11th

October 18th

October 25th

BBQ chicken, potato salad with herbs, cucumber salad
Butternut squash ravioli with brown sage butter, house salad
Salmon cakes with Asian slaw, carrot potato leek soup

***Officer George Spirito's Liaison Luncheon ~
with members of the Wellfleet Police Department ~
chicken, broccoli & ziti, side of Italian sausage,
tossed salad, Officer Desmond's decadent dessert***

Beef stew, green salad
Pesto cod, honey carrots, roasted new potatoes
Pan seared pork loin with cranberry glaze, mashed sweet potatoes, vegetable
Chicken and vegetable Asian stir fry, jasmine scented rice

MARYANN'S SALADS/SOUPS TO GO

A pint of salad or soup, varies weekly ~ always delicious!
Packed to travel on Mondays ~ \$4.00